

# **FIREFIGHTER II MOD C**

## **Firefighter Survival**

## **Firefighter II, Mod C**

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#### **2-23 Firefighter Survival**

- 2-23.1** Identify the three main components that lead to incident readiness
- 2-23.2** Identify the four key checks to ensure that PPE is ready for response
- 2-23.3** Identify three types of personal accountability systems
- 2-23.4** Identify personal size up
- 2-23.5** Identify three practices that lead to team continuity
- 2-23.6** Identify risk/benefit
- 2-23.7** Identify the three components of rehabilitation
- 2-23.8** Identify the procedures that should be taken to establish and prepare for the assignment of a rapid intervention team
- 2-23.9** Identify the five steps that can lead to an organized rapid escape
- 2-23.10** Identify the three steps that should be taken when entrapment occurs
- 2-23.11** Identify the terms "post incident thought patterns" and "critical incident stress"

#### References:

Delmar, Firefighter's Handbook, copyright 2000, Chapter 23

Jones & Bartlett, Fundamentals of Firefighting Skills, 1<sup>st</sup> ed., Chapters 2, 10, 17, 19

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#### **2-23 Firefighter Survival**

- I. Identify the three main components that lead to incident readiness. **2-23.1**
  - A. Personal Protective Equipment
    1. Firefighters must check all their various ensembles to ensure that their equipment is:
      - a. Dry
      - b. Serviceable
      - c. Ready for quick donning
  - B. Personal Accountability
    1. Based on Authority Having Jurisdiction accountability system
    2. Work as trained
      - a) All firefighters and fire officers should be able to perform assigned tasks - tasks they have been TRAINED for - and keep the chain of command advised of their progress.
      - b) Firefighters need to know their strengths and weaknesses.
      - c) Firefighters should strive for MASTERY of their assigned tasks.
  - C. Fitness for duty
    1. Mental fitness
      - a) Firefighter should be able to "check out" of the environment and "check in" to size up
    2. Physical Fitness and Wellness
      - a) A fit firefighter is less injury prone than one who is unfit
    3. Energy and Rest
      - a) Safety is directly affected by the energy potential and rest a firefighter has stored.
      - b) Firefighter should be attentive to energy and rest levels and plan to communicate an early rehabilitation need to an officer during operations.

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II. Identify the four key checks to ensure that PPE is ready for response. **2-23.2**

A. Verify

1. All clothing materials are dry
2. All PPE is present and positioned so that it may be rapidly donned
3. Essential "pocket tools" are available and in working order
4. Alternate PPE items are appropriately packed and ready for use

III. Identify the three types of personal accountability systems. **2-23.3**

A. Accountability system:

1. Generally based on these:
  - a. Passport
  - b. Tag
  - c. Company Officer/Team Leader
2. Freelancing should not be considered
  - a. Performing a task that has not been assigned or performing a task alone.
3. Relationship to response
  - a. Assignment
  - b. Personal Size-up
    - 1) Defined as a continuous mental evaluation for firefighters' immediate environments, facts, and probabilities
3. Fitness for duty
  - a. Mental fitness
  - b. Physical fitness and wellness
  - c. Energy and rest

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#### **IV. Define personal size-up 2-23.4**

- A. Definition: A continuous mental evaluation of firefighters' immediate environments, facts and probabilities.
- B. Evaluation might include
  - 1) Weather
  - 2) Time of day
  - 3) Current chain of command
  - 4) Likely assignment

#### **V. Identify three practices that lead to team continuity. 2-23.5**

- A. Training
  - 1. Trained to complete the task assigned
- B. Assembled teams
  - 1. Two In/Two Out
  - 2. Know who is on your team and who is team leader
  - 3. Keep your team in visual, touch or voice contact at all times
  - 4. Rotate to rehab and staging as a team.
- C. Organized tasks
  - 1. Assigned by Incident Commander
  - 2. Teams must update the IC on a regular basis

#### **VI. Define "risk/benefit". 2-23.6**

- A. Definition: The evaluation of the potential benefit that a task will accomplish in relationship to the hazards that will be faced while completing the task.
- B. Basic guidelines to help make risk/benefit decisions:
  - 1. Firefighters will take a significant risk to save a known life
  - 2. Firefighters will take a calculated risk, and provide for additional safety, to save valuable property or reduce the potential for civilian and firefighter injuries
  - 3. Firefighters will take no risk to their safety to save what is already lost

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### VII. Identify three components of rehabilitation. **2-23.7**

#### A. Rest

1. Rest, at an incident, is achieved during crew rotation
2. Firefighter should maximize time by:
  - a. Sitting down
  - b. Allowing medical personnel to do a vital check
  - c. Mentally disengaging from the event

#### B. Hydration

1. Water is vital to the peak operation of virtually every body system.
2. Do not wait until you are thirsty to drink water.
3. Strenuous physical activity under stressful situations deplete the body of precious liquids.

#### C. Nourishment

1. Best combination contains protein, carbohydrate and fat
2. Suggested meal is: water, sliced turkey sandwich with mustard or ketchup, apples and a handful of peanuts.
3. Low-sugar energy bars can also be stocked on apparatus.
  - a. Best have 30/30/40 balancing.

### VIII. Identify the procedures that should be taken to establish and prepare for the assignment of a rapid intervention team. **2-23.8**

#### A. Required by NFPA 1500 early in incident if firefighters are exposed to dangerous environments or tasks.

#### B. Preparing for a RIT assignment:

1. Don PPE/SCBA
2. Assemble team tools
  - a. Hand lanterns
  - b. Radio
  - c. Prying tools/axe
  - d. Lifeline rope

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3. Inventory building/environment
  - a. Construction type
  - b. Egress/entrance
  - c. Weak links
  - d. Layout/hazards
4. Receive briefing on incident action plan and crew assignments/locations
5. Be ready by listening to the radio and staging near primary access point

IX. Identify the five steps that can lead to an organized rapid escape. **2-23.9**

- A. Preplan the escape.
  1. Firefighters operating in a hazardous situation should continually look for multiple escape routes.
- B. Immediately report the need for rapid evacuation.
- C. Acknowledge rapid evacuation or escape signals.
- D. Rapidly escape.
  1. Means leave immediately. Leave hoselines and heavy tools and escape.
- E. Report successful escape.
  1. Team members should report that team is safe and accounted for.

X. Identify the three steps that should be taken when entrapment occurs. **2-23.10**

- A. First step:
  1. Get assistance
    - a. Activate PASS device
    - b. Declare "MAYDAY" over radio
    - c. Follow up with other noise-making or visual signals

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- B. Second step:
    - 1. Size up and develop a plan
      - a. What is causing entrapment?
      - b. What is exposure to fire/smoke/further collapse?
      - c. How much breathing air is left in SCBA bottle?
      - d. What is the extent of injuries?
      - e. Is there anything that can be done to self-extricate?
      - f. Is there any self-first-aid that can be performed?
      - g. How much air can be preserved?
  - C. Third step:
    - 1. The firefighter should attempt self-extrication.
    - 2. Allow RIT to extricate.
- XI. Identify the terms "post incident thought patterns" and "critical incident stress" **2-23.11**
- A. Post incident thought patterns
    - 1. Once an incident has reached the point where crew is starting to clean up and be released, a relaxed phenomenon encroaches on the minds of firefighters. This phenomenon is responsible for many injuries and deaths.
    - 2. Considered the switch from activities requiring brainpower and physical energy to an activity that is so routine as to be dull.
    - 3. Chemical imbalance at this time means firefighters experience fatigue and mental drain, which in turns relaxes the brain.
    - 4. Firefighters need to stay alert
      - a. One method to reduce the impact is to take a time out and have everyone gather for a quick incident summary and safety reminder.
  - B. Critical incident stress
    - 1. Firefighters are expected to tolerate a certain level of incident stress given the nature of the environment that firefighting brings.



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2. Selected signs:
  - a. Behavioral
    - 1) Increased irritation
    - 2) Aggressiveness
    - 3) Withdrawal
    - 4) Flashbacks
    - 5) Inattentiveness
    - 6) Alcohol/drug abuse
    - 7) Memory loss
  - b. Physical
    - 1) Loss of appetite
    - 2) Insomnia
    - 3) Fatigue
    - 4) Headaches
    - 5) Muscle stiffness
    - 6) Hypertension
  - c. Psychological
    - 1) Guilt
    - 2) Sadness
    - 3) Depression
    - 4) Career introspection
    - 5) Claimed burnout
    - 6) Fear
    - 7) Unsociability
3. Best process to deal with this is Critical Incident Stress Management through debriefing process led by peers and health professionals.
4. Should be mandatory for all responders